

"I'VE LOST 5 POUNDS ALREADY!"

Last month, FITNESS's experts vowed to yank a sedentary Danielle Donato off the couch and get her into the gym. She hit the ground running, and there ain't no stoppin' her now!

"IT FEELS PHENOMENAL TO BE ACTIVE"

"I'm more energetic; I can get up the stairs quicker and I'm not as winded as I used to be. Sweating through a hard routine is so invigorating. I go to the gym four days a week. I use the stairmill for 20 minutes. Then I do three-minute walk/run intervals on the treadmill for 30 minutes. After that, I circuit-train doing lunges, squats, pull-ups and crunches for about an hour. I don't want to jiggle anymore. I want to build muscle."

Her trainer's plan: "Danielle says she has some lower-back pain, which may come from walking in heels. Her posture could be better too. We've been doing stretches for her calves, hamstrings, groin and hips, which can tighten from wearing an elevated heel. As her body alignment and balance improve, we'll do more strength training and increase the intensity of her routine."

"I'VE GOT TO STAY DISCIPLINED"

"In the past, the hardest part about losing weight for me has been sticking with the exercise program. After a while, I just lose interest and stop. Now I look forward to going to the gym and really pushing myself. I hope I can keep it up."

Her psychologist's advice: "Danielle should start a daily exercise log, so she can record her feelings after working out. Right now, she feels fantastic. Reading those positive, rewarding entries will give her psyche a boost."

"WHO WANTS COOKIES..."

"...when you can have pretzel crisps with roasted-pepper hummus? Mmm, mmm, good! It's not like cookies are off-limits. I can have one, if I really want it. Keeping a daily food log is helping me pay attention to my cravings, so I won't eat 'just because.' I didn't realize there were healthier options—like green apples—that would give me the same sweet hit for a fraction of the calories and fat. And I used to go heavy on red meat and carbs; I'd eat a bran muffin for breakfast and pasta for dinner. Now I may have a mini wheat bagel (I'm a whole-grain girl now) and some green veggies, and that's it for the day."

***Her nutritionist's wisdom:** "Danielle was shocked when I told her the carbs in a bran muffin were equivalent to six or seven slices of bread. I advised her to choose the starches she really wants and to eat them in smaller amounts."

For the first time, I actually look forward to working out."



Green Is My Color



"I'm stocking up on these babies."

STATS

	BEFORE	NOW
height	5'3"	5'3"
weight	146 lb.	141 lb.
chest	38"	38"
arm	14"	12"
abs	33"	29.5"
hips	39"	39.5"
thigh	22"	21.5"
left to lose	26 lb.	21 lb.



"I will have abs and buns of steel!"

EXPERTS

TRAINER: Rafael Rodriguez, certified trainer with New York Sports Clubs.
PSYCHOLOGIST: Rene Zweig, Ph.D., clinical psychologist and director of the eating disorders and weight management program at the American Institute for Cognitive Therapy, New York City.
***NUTRITIONIST:** Lisa Young, Ph.D., R.D., New York City-based author of *The Portion Teller Plan*.

TARA CANOVA (2); CHRIS FANNING; HAIR: ANTONIO CASALE FOR THE STYLE ROOM AT THE ARTISTS CO.-OP; MAKEUP: MICHELE YURAS FOR ARTISTSBYTIMOTHYPRIANO.COM; BECBG MAKAZRIA TOP; ZARA SHOES.